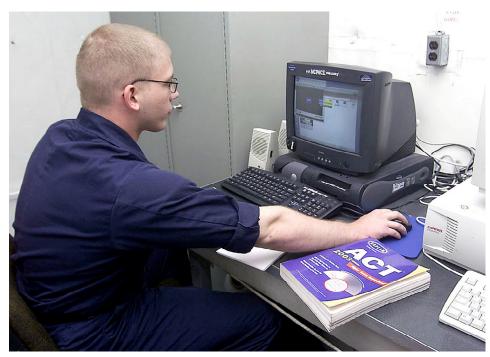


The Source for Navy News



## Military, Families Can Get Online Mental Health Screening



**Military** members and families coping with the stress of overseas deployments and other potential healththreatening issues, can obtain a mental health selfassessment or screening through a Web site cosponsored by

DoD and Screening for Mental Health Inc., a nonprofit organization.

People logged onto the site are asked to answer a series of questions. The program "grades" the completed survey and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

National Guard and reserve members returning from overseas deployments also are authorized to use the Web site. Returning reserve component members have two years of health benefits provided by the Department of Veterans Affairs.

To access the Mental Health Self-Assessment Program, visit https://www.militarymentalhealth.org/welcome.asp.